Berrien County Resource Directory



Sixth Edition October 2016

Berrien County Resource Directory

Dear Berrien County Family,

The Great Start Collaborative of Berrien County is a partnership of community leaders,



business owners, charitable and faith-based organizations, health and human service agencies, educators, and parents. Together, these groups work to provide a network of resources that help families obtain services that will allow their children to succeed in every facet of their lives. The Collaborative offers families a one-stop resource, where all of Berrien County's programs and services have been researched and can be matched to your family's needs.

The Great Start Collaboratives throughout Michigan work in local communities to ensure that the entire state is making significant progress toward the four early childhood outcomes identified by Governor Snyder. These outcomes are:

- Children are born healthy.
- Children are healthy, thriving and developmentally on track from birth to third grade.
- Children are developmentally ready to succeed in school at time of school entry.
- Children are prepared to succeed in fourth grade and beyond by reading proficiently by the end of third grade.

You Can Help Shape Your Community-Join the Parent Coalition!

The purpose of the local Great Start Parent Coalitions (GSPC) is as follows:

- Provide a "customer" perspective for the Great Start Collaborative.
- Educate community members about the importance of early childhood.
- Support the Great Start Collaborative's work toward achieving Michigan's early childhood outcomes.
- Provide information, education and resources to parents raising young children.

For more information about the Great Start Collaborative, please contact Amanda Williamson, Director at 269-471-7725 x 1270 or <u>amanda.williamson@uwsm.org</u>. For more information about the Great Start Parent Coalition, please contact Heather Steinbrook, Parent Liaison at 269-921-6100 or <u>heather.steinbrook@berrienresa.org</u>.



BerrienCountyParentNET.org helps connect parents to the resources in Berrien County that are available to families - whether it be healthcare, schools, fun activities or parenting support.

2-1-1



To get help, simply dial 2-1-1 to speak with a community resource advisor that can provide you with information and referrals for everyday needs in times of crisis. If you are outside of Berrien and Cass Counties you can call 1-844-875-9211.

For a list of resources in your area you can also visit www.mi211.org. You can also talk to 2-1-1 in an online chat at www.gryphon.org.

Every hour of every day, someone needs help. Whether it's needing help with providing food for your family to job training, 2-1-1 is here.

United Way of Southwest Michigan



AVAILABLE RESOURCES

Diapers - Furniture

Employment

Employment Prep/Assistance - Financial Information/Education

Financial Assistance

Utility Assistance - Rental Deposit Assistance -Rent Payment Assistance - Bus Tickets/Gas Money

Health Care

Primary Care - Dental Care - Health Education Programs - Mental Health/Substance Abuse -**Outpatient Substance Abuse Programs - Crisis** Intervention Hotlines - General Counseling Services

Transportation

Local Transportation - Medical Transportation

Berrien - Cass - Van Buren

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Emergency Numbers

| Police | 911 |
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| Fire | 911 |
| Ambulance | 800-222-1222 |
| Yellow Ribbon Suicide Prevention | 800-784-2433 |
| Mental Health Emergencies | 800-336-0341 |



What is the Great Start to Quality?

Great Start to Quality measures the quality of child care and preschool settings using more than 40 different program quality indicators

within five categories that are aligned with *Michigan's Early Childhood Standards of Quality for Infant and Toddler Programs and Early Childhood Standards of Quality for Prekindergarten.*

What is the purpose of the Great Start to Quality?

Great Start to Quality is designed to recognize the quality of a program or provider and help them continually improve with the support of a network of Great Start to Quality Resource Centers throughout Michigan.

What is the goal of the Great Start to Quality?

The goal is to make sure every young child in Michigan has a high-quality early learning experience – and to help parents and families make informed choices when searching for care.

For questions about how Great Start Quality works, the Star ratings, program quality indicators, or help getting started - contact a local Great Start to Quality Resource Center by phone at 1-877-614-7328 or visit www.greatstarttoquality.org.



Five Steps to Choosing Quality Child Care

1. Start Early

Start looking as far in advance as you can. No matter what type of care you are considering – a child care center or care in someone else's home – finding the right child care option can take some time.

2. Make the Call

Begin your search by contacting your local experts – Child Care Resources. Child Care Resources can give you the facts about child care – what to look for, what things to consider and how to make the best choice for you and your child. In addition to what is in this packet, make sure to ask them these things:

- What are the licensing requirements in my area?
- How can I get information about complaints and licensing violations?
- Are there any child care financial assistance programs that my family qualifies for?

3. Visit and Ask Questions

Make sure you visit the child care options you are considering. Find out the five key indicators of quality:

- Adult-to-Child Ratio: Ask how many children there are for each adult. (The fewer the children for each adult, the better it is for your child.) You want your child to get plenty of attention. (The younger your child, the more important this is.) Babies need an adult-to-child ratio of no more than 1:4 (one adult for four infants). Meanwhile, four-year-olds can do well with a ration of 1:10 (one adult for ten children).
- Group Size: Find out how many children are in the group. (The smaller the group, the better.) Imagine a group of twenty-five two-year-olds with five adults compared to a group of ten with two adults. Both groups have the same adult to child ratio. Which would be calmer and safer? Which would be more like a family?
- Caregiver Qualifications: Ask about the caregivers' training and education. Caregivers with degrees and/or special training in working with children will be better able to help your child learn. Are the caregivers involved in activities to improve their skills? Do they attend classes and workshops?
- Turnover: Check how long caregivers have been at the center or providing care in their homes. It's best if children stay with the same caregiver at least a year. Caregivers who come and go make it hard on your child. Getting used to new caregivers takes time and energy that could be spent on learning new things.
- Accreditation: Find out if the child care provider has been accredited by a national organization. Providers that are accredited have met voluntary standards for child care that are higher than most state licensing requirements. The National Association for the Education of Young Children (NAEYC) and the

National Association for Family Child Care (NAFCC) are the two largest organizations that accredit child care programs.

4. Make a Choice

Think about what you saw at each visit and make the best choice for your child and family. Don't forget to use your intuition and pay attention to your "gut" feeling – if you felt great about a facility, use it! Drop by unannounced to make sure you are comfortable with your decision and that the indicators of quality are consistently being followed.

5. Stay Involved

The work isn't over when you find good care for your child. You and your child's caregiver are partners now. Here are some ways to be involved:

Have parent-caregiver meetings regularly and ask questions.

Offer to volunteer time when needed, like participating in clean-up-days or fixing broken toys.

- Be there for your child's birthday party.
- Visit your child at child care and read a book aloud.
- Join in special events, like field trips, Career Day, or holiday celebrations.
- Even if you cannot get time off from work during the day, you can still check in at drop-off and pick-up times. Ask the caregiver how things are going and how your child is doing.
- Visiting and participating in events at your child's provider sends a strong message. It tells your child and your child's caregiver that you think what your child is doing and learning is important.
- Find out more about efforts in your community to improve the quality of child care. Is your caregiver involved? How can you get involved?

Education, Adults

Ferry Street Resource Center

Assists residents in getting support services: Rites of Passage, GED preparation, literacy programming, preschool reading, job training and more. 620 Ferry Street Niles, MI 49120 269-687-9860

Kinexus

Agency who create solutions for workforce, business, and community challenges to promote economic vitality in the Southwest Michigan region. Provide Continuing Education training, GED, Career Guidance, and other services. 499 West Main Street Benton Harbor, MI 49022 269-927-1064

Opportunity Center

The Opportunity Center helps local residents develop knowledge, skills, and abilities to build the human capital necessary to revitalize the community. The goals of The Opportunity Center are to help residents increase literacy levels, increase education or job training, secure and retain employment and increase family income levels. 1286 Pipestone Road Benton Harbor, MI 49022 269-926-2430

Education, Preschoolers

Benton Harbor Area Schools

(Discovery Enrichment Center) 465 S McCord Street Benton Harbor, MI 49022 269-605-1600

Benton Harbor Charter School

455 Riverview Drive; Suite 1 Benton Harbor, MI 49022 269-925-3807

Berrien Springs Public Schools

(Mars Elementary School) One Sylvester Avenue Berrien Springs, MI 49103 269-471-7198

Brandywine Community Schools

(Merritt Elementary School) 1620 LaSalle Avenue Niles, MI 49120 269-684-6511

Brookview School

501 Zollar Drive Benton Harbor, MI 49022 269-925-3544

Buchanan Community Schools

(Moccasin Elementary School) 410 Moccasin Avenue Buchanan, MI 49107 269-695-8408

Building Blocks Preschool at the YMCA

3665 Hollywood Road St. Joseph, MI 49085 269-428-9622

Christ Lutheran School

4333 Cleveland Avenue Stevensville, MI 49127 269-429-7111

Coloma Community Schools

(Coloma Elementary School) 262 South West Street Coloma, MI 49038 269-468-2420

Crayon Box at Andrews University

8475 University Boulevard Berrien Springs, MI 49104 269-471-3350

Eau Claire Public Schools

(Lybrook Elementary School) 6238 West Main Street Eau Claire, MI 49111 269-461-6191

First Church of God Nursery School

2627 Niles Avenue St. Joseph, MI 49085 269-983-1816

First Presbyterian Church Preschool

13 South 4th Street Niles, MI 49120 269-683-7600

Grace Christian School

325 North M-140 Highway Watervliet, MI 49098 269-463-5545

Grace Lutheran School

404 East Glenlord Road St. Joseph, MI 49085 269-429-4951

Great Lakes Montessori

3084 Niles Road St. Joseph, MI 49085 269-556-0354

Education, Preschoolers

Hickory Creek Learning Center

9193 Cleveland Avenue Baroda, MI 49101 269-422-1449

Immanuel Early Childhood Development Center

9650 Church Street; PO Box 26 Bridgman, MI 49106 269-465-3868

Kidzone at Lake Michigan College

2755 East Napier Avenue Benton Harbor, MI 49022 269-927-6293

Lake Michigan Catholic Elementary School

3165 Washington Avenue St. Joseph, MI 49085 269-429-0227

Lakeshore Public Schools

(Hollywood Elementary School) 143 E John Beers Road Stevensville, MI 49127 269-428-1414

Learning Tree Preschool at the YMCA

905 North Front Street Niles, MI 49120 269-683-1552

Niles Community Schools

(Northside Child Development Center) 2020 North Fifth Street Niles, MI 49120 269-683-1982

Niles Adventist School

110 N Fairview Avenue Niles, MI 49120 269-683-5444

Rainbow Child Care Center

219 Peace Boulevard St. Joseph, MI, 49085 269-408-0001

Readiness Center Inc.

347 Catalpa Avenue Benton Harbor, MI 49022 269-926-4084

River Valley School District

(Three Oaks Elementary School) 100 Oak Street Three Oaks, MI 49128 269-756-9050

Salem Lutheran Preschool

275 Marvin Street; PO Box 729 Coloma, MI 49038 269-468-6567

St. Joseph Catholic School

188 Lucinda Lane Watervliet, MI 49098 269-463-3941

St. Mary of the Lake School

Kaleidoscope Preschool 704 West Merchant Street New Buffalo, MI 49117 269-469-1515

St. Mary's School

217 South Lincoln Avenue Niles, MI 49120 269-683-9191

St. Paul's Lutheran School

2673 West John Beers Road Stevensville, MI 49127 269-429-1546

Education, Preschoolers

Stevensville United Methodist Church Preschool

5560 Ridge Road Stevensville, MI 49127 269-429-1069

Telamon Corporation Watervliet Migrant Head Start

745 North M 140 Watervliet, MI 49098 269-463-5610

Tri County Head Start Administrative Office

Various Locations 775 Hazen Street Paw Paw, MI 49079 269-925-7707

Trinity Lutheran School – Sawyer

5791 Sawyer Road; PO Box 247 Sawyer, MI 49125 269-426-3151

Trinity Lutheran School – St. Joseph

613 Court Street St. Joseph, MI 49085 269-983-3056 x 21

Watervliet Public Schools

(North Elementary School) 287 Baldwin Avenue Watervliet, MI 49098 269-463-6749

Berrien County Great Start Readiness Preschool Program (GSRP) – Various locations.

Berrien RESA (GSRP County-Wide Program Administration) 711 St. Joseph Avenue, Berrien Springs, MI 49103 269-471-7725 x 1168 or 1355

Early Learning

Babies are born learning. Very young children are learning through play, the active exploration of their environment, and, most importantly, through interactions with the significant adults in their lives.

Children learn so much in their first five years, high-quality child care and preschool helps them grow and sets the foundation for success in school, work, and life. Each day nearly six million children under age three spend some or all of their day being cared for by someone other than their parents, so the need for high-quality care is more important than ever. Research shows that when a child is in an environment that supports development through stimulating activities and has a positive relationship with a responsive caregiver, the benefits are maintained even after the child has left the program or provider's care.

Emergency, Crisis & Disaster Relief

American Red Cross Disaster Relief

Single family fire disaster and referrals, emergency communication to active military, first aid training for residents, safety and CPR training and blood bank. 3838 Niles Road St. Joseph, MI 49085 269-556-9619 or 269-683-3180

Michigan Department of Health and Human Services- Berrien County

Financial Assistance Programs: Family Independence Program, Food Assistance Program, State Emergency Relief Program, State Disability Assistance, Medicaid, Child Development and Care Program, Adult Medical Program and Child Support Program Services Programs: Adoption Services, Adult Services, Adult Protective Services, Children's Foster Care, Children's Protective Services, Juvenile Justice 401 Eighth Street Benton Harbor, MI 49022 Main Telephone: 269-934-2000 Children's Protective Services: Daytime & After Hours Phone: 269-934-2300 Adult Protective Services: Daytime Phone: 269-934-2056; After Hours Phone: 269-934-2300

Berrien County Sheriff Department

Department of Emergency Management 269-983-7141 x 4916

Neighbor to Neighbor

Provides assistance to families and individuals in their time of crisis that includes, but is not limited to: clothing, furniture, food, bedding, and household items. 9147 US Highway 31 Berrien Springs, MI 49103 269-471-7411

The Salvation Army - Benton Harbor

Committed to meeting the needs of the community through crisis intervention by assisting area individuals with food, clothing, prescriptions, rent, furniture, utilities, and housing. 233 Michigan Street Benton Harbor, MI 49022 269-927-8239

Emergency, Crisis & Disaster Relief

The Salvation Army – Niles

Committed to meeting the needs of the community through crisis intervention by assisting area individuals with food, clothing, prescriptions, rent, furniture, utilities, and housing. 424 North 15th Street Niles, MI 49120 269-684-2660

Southwest Michigan Community Action Agency (SMCAA)

Weatherization program, minor home repairs (for low income and senior citizens), volunteer programs, outreach, referral, shelter for homeless, housing programs and limited home funding, emergency utility and rent assistance (when funds available), Commodity Supplementary Food Program, and food pantry. Client development and Education. 185 East Main Street; Suite 303 Benton Harbor, MI 49022 800-334-7670

Hospitals

Lakeland Community Hospital, Niles

31 North St. Joseph Avenue Niles, MI 49120 269-683-5510

Lakeland Community Hospital, Watervliet

400 Medical Drive Watervliet, MI 49098 269-463-3111

Lakeland Regional Medical Center, St. Joseph

1234 Napier Avenue St. Joseph, MI 49085 269-983-8300

Entertainment for Children

Buchanan Art Center

117 West Front Street Buchanan, MI 49107 269-697-4005

Curious Kids Discovery Zone

333 Broad Street St. Joseph, MI 49085 269-982-8500

Curious Kids Museum

415 Lake Boulevard St. Joseph, MI 49085 269-983-2543

Fernwood Botanical Garden

13988 Range Line Road Niles, MI 49120 269-695-6491

Krasl Art Center

707 Lake Boulevard St. Joseph, MI 49085 269-983-0271

Love Creek Nature Center

9228 Huckleberry Road Berrien Center, MI 49102 269-471-2617

Power in Motion Gymnastics

3889 M-139 St. Joseph, MI 49085 269-429-5100

Safari Joe's Indoor Water Park

8252 Arnt Boulevard Watervliet, MI 49098 269-463-7946

Sarett Nature Center

2300 North Benton Center Road Benton Harbor, MI 49022 269-927-4823

Silver Beach Carousel

333 Broad Street St. Joseph, MI 49085 269-982-8500

Whirlpool Compass Fountain

Across the street from Silver Beach Carousel St. Joseph, MI 49085

For a list of public parks and beaches, visit www.berriencounty.org

Health-Dental (the following dental offices are Medicaid providers)

Ace Dental LLC

1817 M-139 Benton Harbor, MI 49022 269-487-3139

Brite Dental

401 Ferry Street Berrien Springs, MI 49103 269-471-7970

Harbor Dental (Children 4 years and older)

143 East Main Street Benton Harbor, MI 49022 269-927-1313

InterCare Community Health Network – Benton Harbor

800 M-139 Benton Harbor, MI 49022 855-869-6900

InterCare Community Health Network – Eau Claire

6270 West Main Street Eau Claire, MI 49111 269-461-6927

Healthy Kids Dental Program

Having a healthy mouth is smart. Kids may miss less school, make friends more easily, speak more clearly and learn better in class when they have healthy teeth and mouths. It's why the Michigan Department of Health and Human Services and Delta Dental have teamed up to bring you the Healthy Kids Dental (HKD) program **dental coverage at no cost to you**.

The Healthy Kids Dental program helps Michigan children under the age of 21 with Medicaid have healthy, happy smiles. And finding dental care is easy with HKD, because eight out of 10 dentists across the state accept it. So if you have HKD, make sure you use your benefit.

Learn more at Healthykidsdental.org

Health-General

Berrien County Health Department

Providing Environmental Health, Immunization, WIC, Family Planning, and other services for Berrien County

Benton Harbor Office:

2149 E Napier Avenue Benton Harbor, MI 49022 269-926-7121

Niles Office:

1205 North Front Street, Suite 900 Niles, MI 49120 269-684-2800

Three Oaks Office:

21 North Elm Street Three Oaks, MI 49128 269-765-2008

CareSource

CareSource is for qualifying Medicaid consumers in Berrien County. CareSource offers care through participating health centers and private doctors across the state. CareSource offers many health services, including doctor visits, emergency care, hospital stays, checkups, shots, medicine and much more. 800-390-7102

Children's Special Health Services (CSHCS)

Children's Special Health Services is a program within the Michigan Department of Health and Human Services. It is for children and some adults with special health care needs and their families. Children must be under the age of 21. Persons 21 and older with cystic fibrosis or certain hereditary blood coagulation disorders commonly known as hemophilia may also qualify. Berrien County Health Department 2149 East Napier Avenue Benton Harbor, MI 49022 269-926-7121

Health-General

FamilyWize Prescription Drug Card

The FamilyWize program covers all prescription drugs for everyone with little or no prescription coverage. It covers all medicine not covered by a benefit plan. There are no age, income, or residency restrictions with the plan. No personal information is collected so there is no registration, activation, paperwork, or enrollment. United Way of Southwest Michigan 2015 Lakevieiw Avenue St. Joseph, MI 49085 269-982-1700

Medicaid Programs

Medicaid is available to eligible persons under age 21. There is an income test and an asset test for this program. If income is over the income limit, the person is assigned a deductible. Persons may incur medical expenses that equal or exceed the deductible and still qualify for this program. Beneficiaries receive a comprehensive package of health care benefits including vision, dental, and mental health services

U-19

U-19 is a Medicaid health care program for low-income children under age 19. There is only an income test. There is no monthly premium for this Medicaid program. Most children who are eligible for U-19 Medicaid are enrolled in a Medicaid health plan. This program provides a comprehensive package of health care benefits including vision, dental, and mental health services.

Can I apply In Person - Clients can come to a field office to meet the field counselors who will assist in enrollment

Berrien County Department of Health and Human Services

401 Eighth Street Benton Harbor, MI 49022 269-934-2000

Smoking Can Harm Babies

Smoking cigarettes is very harmful to your health and could also affect the health of your baby. Not only does smoking cause cancer and heart disease in people who smoke, smoking during pregnancy increases the risk of low birth weight. Low-birth weight babies are at higher risk of health problems shortly after birth. Also, some studies have linked low birth weight with a higher risk of health problems later in life, such as high blood pressure and diabetes. Women who smoke during pregnancy are more likely than other women to have a miscarriage and to have a baby born with cleft lip or palate, types of birth defects. Also, mothers who smoke during or after pregnancy put their babies at greater risk of sudden infant death syndrome (SIDS).

Mothers who smoke have many reasons to quit smoking. Take care of your health and your unborn baby's health: Ask your doctor about ways to help you quit during pregnancy. Intensive counseling has been shown to increase a pregnant woman's chances of quitting success. We don't know whether the drugs used to help people quit are safe to use during pregnancy. But we do know that continuing to smoke during pregnancy threatens your and your baby's health. Quitting smoking is hard, but you can do it with help!

Health-General

MIChild

Health care coverage for children not eligible for Medicaid benefits; this health insurance is for uninsured children from working families

What is MIChild? - Insurance coverage for children under 19 years of age.

Who is covered? - Covers children of families who are at or below 200% of the poverty level who are not eligible for Medicaid and for whom health insurance is not available from an employer.

What is covered? - Well child visits, immunizations, hearing screenings, vision services, dental services, diagnostics, primary and specialty physician services, inpatient and outpatient hospital services, emergency services, mental health and prescriptions.

Who will provide services? - Services will be provided through local medical and dental plans that agree to accept the rate offered by the state.

What does it cost? - Most MIChild families pay a premium of \$10 per month or \$120 per year, regardless of the number of children in the family with MIChild coverage. There are no co-pays in MIChild

How do families apply? - Applying online at www.michigan.gov/mibridges. This is the quickest way to receive results. Calling the Michigan Health Care Helpline at 1-855-789-5610, filling out a paper application, or visiting your local Michigan Department of Health and Human Services office

Supplemental Security Income (SSI)

SSI is a cash benefit for disabled children whose families have low income. The Social Security Administration (SSA) determines SSI eligibility. The beneficiaries are automatically eligible for Medicaid and they receive the comprehensive package of health benefits including vision, dental, and mental health services. Most beneficiaries are enrolled in a Medicaid health plan. Medicaid may continue even if SSI stops.

Health-Mental

Andrews Community Counseling Center

4195 Administration Drive; Bell Hall Room 156 Berrien Springs, MI 49103 269-471-6238

Centered on Wellness

1850 Colfax Benton Harbor, MI 49022 269-926-6199

Child & Family Services of Southwestern Michigan

2450 M-139 #A Benton Harbor, MI 49022 269-925-1725

Consequential Minds

146 West Napier Ave Benton Harbor, MI 49022 269-925-7446

Depression & Bipolar Support Alliance 269-269-861-1334

Freedom Counseling Center

1901 Niles Avenue St. Joseph, MI 49085 269-982-7200

Haelan Counseling

109 North 3rd Street Niles, MI 49120 269-683-8972

Lakeland Medical Center Family Resource Center 1011 Broadway

Niles, MI 49120 269-683-6859

Lory's Place

445 Upton Drive St. Joseph, MI 49085 269-983-2707

Riverwood Center – Benton Harbor

1485 M-139 Benton Harbor, MI 49022 269-925-0585

Riverwood Center – Niles

115 South St. Joseph Niles, MI 49120 269-684-4270

Southwestern Medical Clinic Christian Counseling & Psychological Services – Lakeland Health

5675 Fairview Avenue Stevensville, MI 49127 269-429-7727

University Medical Specialties PC

9045 US Highway 31 Berrien Springs, MI 49103 269-473-2222

Health-Pediatrics

Immunizations Clinics

Berrien County Health Department Immunization Locations

2149 East Napier Avenue Benton Harbor, MI 49022 269-926-7121

1205 North Front Street, Suite 900 Niles, MI 49120 269-684-2800

21 North Elm Street Three Oaks, MI 49128 269-765-2008

W 00 T П C F Т Birth months months months months months months months month HepB HepB HepB RV RV RV DTaP DTaP DTaP DTaP DTaP Hib Hib Hib Hib PCV PCV PCV PCV IPV IPV IPV IPV Influenza (Yearly)* MMR MMR Varicella Varicella laded boxes indicate the HepA[§] vaccine can be given during shown age range.

2016 Recommended Immunizations for Children from Birth Through 6 Years Old

Get Ready Campaign Your child's success starts with YOU!



Their success starts with you.

READY FAMILIES HAVE...

STRONG RELATIONSHIPS characterized by:

- · Engaging with children with joy, warmth, and comfort
- · Helping children learn to cooperate with others
- · Fostering friendships with other children
- · Working in partnership with schools
- · Appreciating the child's view of the world
- · Teaching children routines and how to respond to rules and structures
- · Helping children learn how to handle disappointment
- Speaking to children respectfully
- Saying it and following through

STRONG MINDS characterized by:

- Reading to children regularly and respectfully
- · Appreciating and accepting the child's view of the world
- · Helping children follow simple directions and complete basic tasks
- · Speaking with children regularly and respectfully
- · Encouraging children to explore the world in which they live
- Exposing children to and helping them describe different people, places & things
- Understanding the importance of the early years and the importance of their role
- Understanding the importance of regular school attendance

STRONG BODIES characterized by:

- Completing all appropriate eye, ear, dental and other medical screenings as well as immunizations
- Encouraging children to explore the world in which they live
- Helping children follow simple directions and complete tasks
- Limiting screen time
- · Providing healthy diet and exercise opportunities

Their success starts with you.

SCHOOL READINESS INDICATORS At 36 months READY Children have...

STRONG RELATIONSHIPS characterized by:

Self-Concept, as demonstrated by

- Independence / Confidence in one's skill by initiating a . task
- Demonstrates resilience, optimism and confidence
- Understanding of self by identifying feelings and likes/ dislikes
- Take pride in accomplishments by soliciting recognition from others
- Shows a variety of emotions (ex. Pride, jealousy, anger, excitement)
- Knows his/her first and last name

Self-Control, as demonstrated by

- Understand and follows simple rules .
- Self-regulations of thoughts/emotions
- Will follow directions given by adults
- Transition smoothly between activities
- Adapt to different environments
- Control their bodies

Self-Care, as demonstrated by

- Wash / Dry hands
- Cooperates and assists with daily care and routines
- Dress / Undress themselves with assistance for
- fastenings
- Use utensils to eat
- Drink from a cup

Interactions with Others, as demonstrated by

- Engage in cooperation, sharing and turn-taking (peers and adults)
- Demonstrate respect and cooperation
- Pretend play (demonstrate thoughts and feelings through dramatic play)
- Identify the emotions of others
- Interacting with family, peer and social communities across a variety of settings

STRONG MINDS characterized by:

Language and Literacy, as demonstrated by

- Follow 1 & 2 step directions ٠
- Labeling objects & pictures
- Demonstrate ability to answer "wh" questions
- Speaks clearly, using age-appropriate speech sounds
- Labeling actions in pictures
- Effectively conveying information, desires, and needs
- Effectively conveying the 3 target feelings
- Shows interest in books and listens to stories
- Participate and imitate simple finger plays and rhymes
- I can start and carry on a short conversation.

www.greatstartberrien.org

Approaches to Learning, as demonstrated by

- Eagemess in seeking information through intense curiosity and exploration
- Children demonstrate initiative, engagement, curiosity, persistence, and attentiveness to pursue learning independently
- Demonstrates resilience, optimism and confidence

Cognitive & General Knowledge, as demonstrated by

- Math: sorting, matching, classifying, understanding concepts of puzzles and numbers
- Engage in imaginative and dramatic play: Multi-
- sequence play with props Identify size and shapes (square, circle, triangle)
- Avoid common dangers

STRONG BODIES characterized by

Fine Motor, as demonstrated by

- Holding and manipulating tools and toys for feeding, playing, dressing, and pre-writing
- Dressing with assistance
- Two-handed tasks
- Holding a pencil (etc.), copying first designs
- Drinking from a cup
- Using utensils

Gross Motor, as demonstrated by

- Walking, running, climbing, jumping, throwing /
- catching, kicking a ball/ balance on one foot
- Walking up / down stairs
- Navigates as independently as possible throughout their environment
- Body awareness and position in space



ready parents • ready schools • ready communities • READY KIDS!

DEVELOPMENTAL INDICATORS At 5 years old READY Children have...

STRONG RELATIONSHIPS characterized by Social Emotional and Engagement

Regulates own emotions and behaviors

- Manages feelings
- Follows limits and expectations
- Takes care of own needs appropriately

Establishes and sustains positive relationships

- Forms friendships over time
- Demonstrates knowledge about self

Participates cooperatively and constructively in group situations

- Actively participates in class discussions and activities
- Balances needs and rights of self and others

Demonstrates positive approaches to learning

- Attends and engages in learning
- Is persistent when solving problems
- Makes predictions

STRONG MINDS characterized by: Language and Literacy Skills

Understands and uses increasingly complex language to express thoughts & needs

- Follows directions
- Uses an expanding expressive vocabulary

Uses appropriate communication skills

- Engages in appropriate conversations
- Recognizes and recalls experiences
- · Makes connections with experiences

Demonstrates phonological awareness

- Experiment and play with sounds (phonics-rhyming, alliteration, etc)
- Hears and discriminates the sounds of language (phonemic awareness)

Demonstrates knowledge of print and its uses

- Uses print concepts
- Uses and appreciates books (knows features such as title

Comprehends and responds to books and other text

- Interacts during read-aloud and book conversations
- Uses emergent reading skills and strategies
- Retells story

www.greatstartberrien.org

Demonstrates emergent writing skills

- Writes or draws to convey meaning
- Writes name
- Demonstrates fine-motor strength / coordination using writing / drawing tools

Demonstrates knowledge of the alphabet

- · Identifies and names uppercase letters
 - Identifies lower case letters
- Uses letter-sound knowledge

Mathematics, Science and Technology Skills

Explores and describes spatial relationships and shapes

- Understands spatial relationships
- Understands shapes
- · Uses classification skills (sorts)

Demonstrates knowledge of patterns

Creates and extends simple patterns

Compares and measures

Compares and orders objects using a variety of tools

Uses tools and technology to perform tasks

 Demonstrates the appropriate use of various tools and other technology

Uses number concepts and operations

- · Connects numerals with their quantities
- Rote Counts
- Counts Objects



Health-Pediatrics

Pediatricians

Barrett and Driscoll, MD

2516 Niles Avenue St. Joseph, MI 49085 (269) 983-6518

InterCare Community Health Network-Benton Harbor

800 M-139 Benton Harbor, MI 49022 855-869-6900

InterCare Community Network-Benton Harbor Student Health Center

Able to see students 10-21 years enrolled in the Benton Harbor Area School District 870 Colfax Avenue Benton Harbor, MI 49022 269-605-1277

InterCare Community Network-Eau Claire

6270 West Main Street Eau Claire, MI 49111 269-461-6927

Southwestern Medical Clinic-Niles

(see list of DR. and NP at Location) 2002 South 11th Street Niles, MI 49120 269-687-0200

Dr. Harvey-MD Dr. Lello-MD Dr. Lofgren-MD Joan Madesen-NP Dr. Miller-MD Amanda Mills-NP Joan Madesen-NP Lauren-Shylene Toscano-NP

Southwestern Medical Clinic-

Stevensville (see list of DR., DO, NP, and PA at Location) 5515 Cleveland Avenue Stevensville, MI 49127 269-429-6604

Dr. Hines-MD Dr. Johansen-MD Dr. Schultz-MD Anne Dudley-DO Kimberly Meles-DO Besty Becker-NP Stephanie Welch-PA

St Joseph Pediatrics

3800 Hollywood Road, Suite 102, St. Joseph, MI 49085 Dr. M. Shah Dr. A. Shah Dr. D. Ghosh

Dr. Shastri

3950 Hollywood Road; Suite 270 St. Joseph, MI 49085 269-983-3386

University Medical Specialties

Dr. K. Keith MD 9045 US Highway 31 Berrien Springs, MI 49103 269-473-2222

Birthright

Offers free pregnancy testing, confidential help, advice, friendship and emotional support, legal, medical, and educational referrals, prenatal information, maternity and baby clothes, housing referrals, social agency referrals, and adoption information. 2700 Niles Avenue St. Joseph, MI 49085 269-983-0700 Helpline 1-800-550-4900

Cassopolis Family Clinic

Provides necessary, high quality, compassionate, cost-effective healthcare services for all people regardless of their ability to pay. Services include family planning, obstetrics, and gynecology.
60 North St. Joseph Avenue
Niles, MI 49120
269-683-0300

Group 1 Pregnant Women

Medicaid is available to an eligible woman while she is pregnant, including the month her pregnancy ends and during the two calendar months following the month her pregnancy ends, regardless of the reason (for example: live birth, miscarriage). There is an income limit for this program. The comprehensive health care package of Medicaid benefits is available. Berrien County Department of Health and Human Services 401 Eighth Street Benton Harbor, MI 49022 269-934-2000

Group 2 Pregnant Women

A woman who has income that exceeds the income limit for Group 1 Pregnant Women, may be eligible for Medicaid under the Group 2 Pregnant Women program. If the income is over the income limit, the pregnant woman is assigned a deductible. Persons may incur medical expenses that equal or exceed the deductible and still qualify for this program Berrien County Department of Health and Human Services 401 Eighth Street Benton Harbor, MI 49022 269-934-2000

The Healthy Michigan Plan

The Healthy Michigan Plan provides comprehensive health care coverage for a category of eligibility authorized under the Patient Protection and Affordable Care Act and Michigan Public Act 107 of 2013. The Healthy Michigan Plan provides health care coverage for individuals who are 19-64 years of age; have income at or below 133% of the federal poverty level under the Modified Adjusted Gross Income (MAGI) methodology; do not qualify for or are not enrolled in Medicare; do not qualify for or are not enrolled in other Medicaid programs; are not pregnant at the time of application; and are residents of the State of Michigan. All criteria for MAGI eligibility must be met to be eligible for the Healthy Michigan Plan.

Berrien County Department of Health and Human Services

401 Eighth Street Benton Harbor, MI 49022 269-934-2000 Helpline 855-789-5610

InterCare Community Health Network – Benton Harbor

Provides quality, cost-effective health care to populations most at risk. Offers medical, dental, prenatal, and obstetrical services. 800 M-139 Benton Harbor, MI 49022 855-869-6900

InterCare Community Health Network – Eau Claire

Provides quality, cost-effective health care to populations most at risk. Offers medical, dental, prenatal, and obstetrical services. 6270 West Main Street Eau Claire, MI 49111 269-461-6927

Maternity Outpatient Medical Services (MOMS)

Maternity Outpatient Medical Services (MOMS) is a health coverage program administered by the Michigan Department of Health and Human Services. The MOMS program provides health coverage for pregnant or recently pregnant women who are eligible for Emergency Services Only (ESO) Medicaid. MOMS provides coverage for outpatient prenatal services and pregnancy-related postpartum services for two months after the pregnancy ends. Medicaid ESO covers labor and delivery services.

Michigan State University Extension

Provides mother-to-mother breastfeeding education and support to help limited-income women successfully breastfeed their babies. 1737 Hillandale Road Benton Harbor, MI 49022 269-944-4126

Niles Pregnancy Care Center

Provides confidential support in making an informed decision about a pregnancy. Provides pregnancy testing, ultrasound exams, and other services free of charge. 311 East Main Street Niles, MI 49120 269-684-6400

Planned Parenthood

Offers pregnancy testing, pregnancy options counseling, emergency contraception, various birth control options, STD screenings, and HIV testing. 1161 Napier Avenue; PO Box 1123 Benton Harbor, MI 49022

Women's Care Center

Offers free and confidential pregnancy testing, information on all options, ultrasounds, and referrals. 621 East Main Street Niles, MI 49120 269-684-4040

Safe Sleep Steps

ABC's Alone, on their **B**ack, in a **C**rib

- Use a firm Sleep surface, such as a mattress in a crib, covered by a fitted sheet
- Don not use pillows, blankets or crib bumpers anywhere in the baby's sleeping area
- Keep soft objects, toys and loose bedding out of the baby's sleeping area
- Make sure nothing covers the baby's head
- Always place the baby on his or her back to sleep
- Dress the baby in light sleeping clothes, such a sleeper and a sleep sack never use a blanket

Remember the ABC's of Safe Sleep: Alone, on their **B**ack, in a **C**rib

Obstetrics & Gynecology

BellaNova Women's Health

3950 Hollywood Rd, Suite 100 St. Joseph, MI 49085 269-429-8010

Cassopolis Family Clinic

60 North St. Joseph Avenue Niles, MI 49120 269-683-0300

InterCare Community Health Network – Benton Harbor

800 M-139 Benton Harbor, MI 49022 855-869-6900

InterCare Community Health Network – Eau Claire

6270 West Main Street Eau Claire, MI 49111 269-461-6927

South Shore Womens Health Care

2690 South Cleveland Avenue St. Joseph, MI 49085 269-428-2800

SWMC Center for Womens Health

42 North St. Joseph Avenue, Suite 201 Niles, MI 49120 269-687-0808

Housing

Homeless Shelters

Emergency Shelter Services

Serves homeless women, children and families for 30 days. 645 Pipestone Benton Harbor, MI 49022 269-925-1131

The Salvation Army Men's Shelter

Serves homeless men. 232 Michigan Street Benton Harbor, MI 49022 269-927-1353

Safe Shelter

Serves women and children who are victims of domestic violence. PO Box 8208 Benton Harbor, MI 49023 269-925-9500

Housing Help

The Connection-Benton Harbor

Service provided by Emergency shelter. A one stop shop for resources and access to human service agencies. 269-277-5055

Harbor Habitat for Humanity

Builds new housing for people who live in substandard housing, are willing to partner with Harbor Habitat and can afford the house payments. 785 East Main Street Benton Harbor, MI 49022 269-925-9635

Southwest Michigan Community Action Agency

Weatherization, repairs, emergency utilities, rent assistance, assistance in purchasing, rent subsidy, and shelter information. 185 East Main Street; Suite 303 Benton Harbor, MI 49022 269-925-9077 ext. 868

Literacy

Dolly Parton's Imagination Library

A free program for children birth to five years old. Each month a new, carefully selected book will be mailed in the child's name directly to their home. United Way of Southwest Michigan 2015 Lakeview Ave St. Joseph, MI 49085 269-982-1700

Benton Harbor Public Library

213 East Wall Street Benton Harbor, MI 49022 269-926-6139

Berrien Springs Community Library

215 West Union Street Berrien Springs, MI 49103 269-471-7074

Bridgman Public Library

4460 Lake Street Bridgman, MI 49106 269-465-3663

Buchanan District Library

128 East Front Street Buchanan, MI 49107 269-695-3681

Coloma Public Library

151 West Center Street Coloma, MI 49038 269-468-3431

Eau Claire District Library

6528 East Main Street Eau Claire, MI 49111 269-461-6241

Galien Township Public Library

302 North Cleveland Avenue Galien, MI 49113 269-545-8281

Lake Michigan College William Hessel Library

2755 East Napier Avenue Benton Harbor, MI 49022 269-927-8605

Lincoln Township Public Library

2099 West John Beers Road Stevensville, MI 49127 269-429-9575

Maud Preston Palenske Memorial Library

500 Market Street St. Joseph, MI 49085 269-983-7167

New Buffalo Township Public Library

33 North Thompson Street New Buffalo, MI 49117 269-469-2933

Niles District Library

620 East Main Niles, MI 49120 269-683-8545

Sodus Township Library

3776 Naomi Road Sodus, MI 49126 269-925-0903

Three Oaks Township Public Library

3 North Elm Street Three Oaks, MI 49128 269-756-5621

Watervliet District Library

333 North Main Street Watervliet, MI 49098 269-463-6382

Nutrition

Michigan State University Extension

Brings nutrition education for healthy living into the homes of limited-income families and helps them better manage their time and money through planning, shopping, and food preparation information. Provides mother-to-mother breastfeeding education and support. 1737 Hillandale Benton Harbor, MI 49022 269-927-5674

Berrien County Health Department – Benton Harbor

2149 E. Napier Ave Benton Harbor, MI 49022 269-927-5646

Berrien County Health Department- Niles

1205 North Front Street Niles, MI 49120 269-684-2800

Women, Infants and Children (WIC) (Located in the Health Department Building) *Nutritional services for children birth to five years, pregnant women, and postpartum women.*



Build a Healthy Eating Style

All food and beverage choices matter – focus on variety, amount, and nutrition.

Focus on making healthy food and beverage choices from all five food groups including fruits, vegetables, grains, protein foods, and dairy to get the nutrients you need.

Eat the right amount of calories for you based on your age, sex, height, weight, and physical activity level.

Building a healthier eating style can help you avoid overweight and obesity and reduce your risk of diseases such as heart disease, diabetes, and cancer.

Use Nutrition Facts labels and ingredient lists to find amounts of saturated fat, sodium, and added sugars in the foods and beverages you choose.

Support healthy eating for everyone.

Parent Resources

Cassopolis Family Clinic-Maternal Infant Health Program-Niles

Promoting healthy pregnancies, good birth outcomes and health infants. Provided to pregnant women and babies with Medicaid. Offers nursing, social work, and nutrition visits in your home.
60 North St. Joseph Avenue
Niles, MI 49120
269-683-0300

Early Head Start

Service provided through Tri-County Head Start. Home based program for low-income infants and toddlers, 0-3, pregnant women and their families. Enhances children's physical, social, emotional and intellectual development. Assists pregnant women to access comprehensive prenatal and postpartum care. Supports parent's efforts to fulfill their parental roles and helps parents to move towards self-sufficiency. 775 Hazen Street Paw Paw, MI 49079 269-657-2581

Early On

A system of early intervention services for infants and toddlers, birth to three years of age, with developmental delay(s) and/or disabilities, and their families. Eligibility is based on the child's needs and not on the family's income. There is no charge to families for the in-home evaluation, Individual Family Service Plan (IFSP) development, or service coordination of this voluntary program. Early On is a collection of activities, supports, services and resources. 711 St. Joseph Avenue

Berrien Springs, MI 49103 269-471-7725 x 1301

Maternal-Infant Health Program – Benton Harbor

Service provided through InterCare. Provided to pregnant women and babies with Medicaid. Offers nursing, social work, and nutrition visits in your home. 800 M-139 Benton Harbor, MI 49022 269-926-4364

Maternal-Infant Health Program – Eau Claire

Service provided through InterCare. Provided to pregnant women and babies with Medicaid. Offers nursing, social work, and nutrition visits in your home. 6270 West Main Street Eau Claire, MI 49111 269-461-6928

Parent Resources

Michigan Adolescent Pregnancy and Parenting Program (MI-APPP)

A partnership between the Michigan Department of Health and Human Services and the Berrien County Health Department to provide parenting support services to teens and their families. Teens between the ages of 14-21 who are pregnant and/or parenting mom or dad, receive support in being a successful, healthy and thriving parent. Learn more by contacting them for a confidential conversation at: Berrien County Health Department-Benton Harbor Only 2149 Napier Avenue Benton Harbor, MI 269-926-7121

Nurse Family Partnership

Nurse Family Partnership is a program for women who are having their FIRST baby. A registered nurse will visit you in your home thought-out your pregnancy and continue to visit until your baby is 2 years old. It's free to all eligible women. Berrien County Health Department 2149 East Napier Avenue Benton Harbor, MI 49022 269-926-7121

Parents as Teachers

Free service provided through Berrien RESA to any family who is pregnant or parenting a child under the age of 3 years and lives in a Berrien RESA school district. Personalized home visits provide parents information on how to ensure their children are ready for school success by understanding their child's development, problemsolving of typical parenting issues, and enhancing parent's confidence. Group activities for children and parents are also available.

711 St. Joseph Avenue Berrien Springs, MI 49103 269-471-7725 x 1330

Triple P – Positive Parenting Program

Triple P is not a "one-size-fits-all". You choose how much positive parenting help you need and how you get it. With Triple P, you can do as much, or as little, as you like. There are one-on-one consultations, seminars or group discussions, and group classes. Learn more by contacting them at: Berrien County Health Department 2149 Napier Avenue Benton Harbor, MI 49022 269-926-7121

Special Needs

Berrien County Hearing Center

Provides hearing testing for infants and children at no charge. No referral required. Berrien Springs Public Schools One Sylvester Avenue Berrien Springs, MI 49103 269-471-8858

Berrien Springs Hearing Impaired Program

School based program for children with hearing impairments. One Sylvester Avenue Berrien Springs, MI 49103 269-471-7724

Blossomland Learning Center

School based program for children with special needs ages 3 to 26. Referral required. 711 St. Joseph Avenue Berrien Springs, MI 49103 269-471-7725

Child & Family Services of Southwestern Michigan

Helps people become more self-sufficient by providing respite care for families overwhelmed by responsibilities of being full-time care givers. Individual, family & marital counseling, homeless youth prevention, and more. 2450 South M-139 Benton Harbor, MI 49022 269-925-1725

Children's Special Health Services

Service provided through Michigan Department of Community Health. Provided for children 0-21 years of age with chronic health conditions. 2149 East Napier Avenue Benton Harbor, MI 49022 269-927-5620

Disabilities Network

The first stop for people with disabilities and their families in Southwest Michigan. 2900 Lakeview Avenue St. Joseph, MI 49085 269-985-0111

Special Needs

Early On

A system of early intervention services for infants and toddlers, birth to three years of age, with developmental delay(s) and/or disabilities, and their families. Eligibility is based on the child's needs and not on the family's income. There is no charge to families for the in-home evaluation, Individual Family Service Plan (IFSP) development, or service coordination of this voluntary program. Early On is a collection of activities, supports, services and resources.

711 St. Joseph Avenue Berrien Springs, MI 49103 269-471-7725 x 1301

Gateway

Gateway Services private not-for-profit community rehabilitation organization, providing habilitation and rehabilitation services to children, teens, adults and their families. We enable people with disabilities and other barriers to achieve their potential through therapeutic services, vocational opportunities, training, community life skills and other supports. 1440 East Empire Benton Harbor, MI 49022

269-487-9820

Lakeland Rehabilitation Services

Provides physical therapy, occupational therapy, and speech therapy for any child with orders or a prescription from a physician. 905 North Front Street Niles, MI 49120 269-683-6800

Logan Center's Sonya Ansari Center for Autism - Autism Learning Center

Offers an individualized Applied Behavior Analysis (ABA) program as well as Behavior Consultation, Social Skills Classes and Recreation Services. Highly trained staff work 1:1 with each child, using Applied Behavior Analysis (ABA), a technique proven effective for children on the autism spectrum. 1651 Nickerson Avenue Benton Harbor, MI 49022 269-983-5833

Therapeutic Equestrian Center

A year-round therapeutic equestrian facility that provides equine assisted activities for people of all ages and abilities. 615 North M-140 Watervliet, MI 49098 269-429-0671

Substance Abuse, Domestic Violence, Sexual Assault

Alano House of Southwest Michigan

4162 Red Arrow Highway Stevensville, MI 49127 269-429-9153

Berrien County Council for Children

Serves children between the ages of 2 and 18 who have been or may have been sexually abused. Provides facilitation and coordination between the organizations responsible for the investigation of child sexual abuse. Provides counseling for children and their families. 4938 South Niles Road St. Joseph, MI 49085 269-556-9640

Berrien County Department of Health and Human Services – Child Protective Services

401 Eighth Street; PO Box 1407 Benton Harbor, MI 49022 269-934-2000 Children's Protective Services – Daytime & After Hours Phone: 269-934-2300

Berrien County Health Department

Provides substance abuse counseling and urine screenings. 2149 East Napier Avenue Benton Harbor, MI 49022 269-926-7121

1205 North Front Street Niles, MI 49120 269-684-2800

21 North Elm Three Oaks, MI 49128 269-765-2008

DASAS - Domestic and Sexual Abuse Services

800-828-2023

Substance Abuse, Domestic Violence, Sexual Assault

Harbortown Treatment Center

Outpatient service center for those dealing with substance or alcohol addiction. 1022 East Main Street; PO Box 929 Benton Harbor, MI 49022 269-926-0015

Safe Shelter

Serves women and children who are victims of domestic violence. PO Box 8208 Benton Harbor, MI 49023 269-925-9500

Transportation

MyWayThere

Mywaythere.org is a tool that helps people overcome transportation barriers and gets them to the places they need to go. www.mywaythere.org

Benton Harbor Dial-A-Ride

275 East Wall Street Benton Harbor, MI 49022 269-927-4461

Berrien County Public Transportation

4676 East Shawnee Road Berrien Springs, MI 49103 269-471-1100

Buchanan Dial-A-Ride

PO Box 186 Berrien Springs, MI 49103 269-697-0600

Niles Dial-A-Ride

623 North 2nd Street Niles, MI 49120 269-684-5150

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